

TEEN COURT NEWSLETTER

November 2024

Road Safety Tips for Daylight Saving Time



“Daylight saving time was first used in the U.S. during World War I, earning it its original title, War Time. The goal was to reduce energy costs during the war effort, and shortly after WWI, daylight saving time was dropped as a practice. Congress brought it back for World War II but didn’t solidify it as Americans know it today until 1966.”

“There’s been debate about the need for daylight saving time in recent years, and one reason is the safety risks associated with changing of the clocks and losing an hour of sleep. So, as you’re resetting the clock, be sure to reset your thinking when it comes to road safety.

One area to watch as the time changes is drowsy driving. According to the AAA Foundation for Traffic Safety, drowsy driving likely influences 16% to 20% of fatal crashes.”

“In a study spanning 20 years, Current Biology describes what it calls daylight saving time effect, which leads to drowsiness and a thrown-off internal clock that can yield hazardous results on the road. In studying over 732,000 car crashes, Current Biology concluded that there’s a 6% rise in fatal crashes during the first week of daylight saving time.”

Here are some things you can do as your body adjusts to the time change!

To sleep better at night:

- follow an early bedtime routine
- reduce screen time before falling asleep

During the day try:

- carpooling
- drinking caffeine in moderation
- exercising before driving

No matter the time of day, taking a break every two hours or 100 miles can also help you stay alert.

~ living.acg.aaa.com



TEEN COURT NEWSLETTER

November 2024

November is National Diabetes Month

“Lifestyle changes can help prevent the onset of type 2 diabetes, the most common form of the disease. Prevention is especially important if you're currently at an increased risk of type 2 diabetes because of excess weight or obesity, high cholesterol, or a family history of diabetes.”

“Making a few changes in your lifestyle now may help you avoid the serious health complications of diabetes in the future, such as nerve, kidney and heart damage. It's never too late to start.”



1. Lose extra weight
2. Be more physically active
3. Eat healthy plant foods
4. Eat healthy fats
5. Skip fad diets and make healthier choices

~ [mayoclinic.org](https://www.mayoclinic.org)

UPCOMING EVENT



Resource Hour ~ 2nd Annual No-Questions-Asked Event

Drop in to pick up resources and information for you or a loved one on a large variety of topics that cover financial health, mental wellness, physical health, and more.

Event Date: Tuesday, December 10, 2024

Location: CCSO Headquarters Building



If you would like to subscribe to the Teen Court Newsletter, use the subject 'Teen Court Newsletter' to one of the contacts below:

Sarah Vaughan

Teen Court Coordinator
vaughans@ccso.us

Heather LaBelle

Teen Court Specialist
labelleh@ccso.us

For more information on
Upcoming Classes & Events,
check out our website:



Teen Court Website